



Dietary Advice for Wound Care

Information for service users and carers



Sometimes your diet does not provide you with the nourishment you need on a daily basis and pressure sores or leg ulcers can develop. These are more likely to heal quicker if you are well nourished. Eating the right food groups will encourage your skin to heal alongside any medication you may receive.

It is important to eat a varied diet that is specifically high in protein, vitamins and minerals. Using the information provided in this booklet, you will be able to ensure your diet includes these important food groups.

Whether you are underweight or overweight, this booklet will give you examples and portion sizes of food/drink which promote wound healing.

This booklet has been provided to you by your nurse/healthcare professional as they feel you need some extra support in improving your skin condition.

My healthcare professional:

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The information in this booklet has been developed by registered dietitians at Rotherham Doncaster and South Humber NHS Foundation Trust.

Contact details for more information:

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Dietitians

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Email: rdash.dietetics@nhs.net

Doncaster and Bassetlaw Teaching
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Dietitians

Telephone:

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(Bassetlaw): 01909 572773

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Protein

Protein is essential in wound healing so it is important to aim for at least two portions per day. For example:

- A few slices of meat, 1 chicken breast, half a can of beans or added pulses to vegetable dishes



- A fillet or half a tin of fish e.g. cod, salmon or sardines



- ½ pint of milk



- 1 yogurt



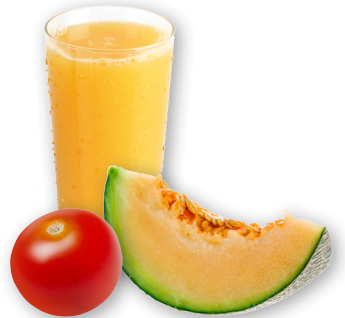
- 1 handful of nuts as a snack.



Vitamins and Minerals

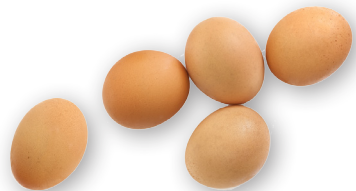
Fruit and vegetables contain vitamin C which is needed for wound healing. This includes dried, tinned, fresh and frozen fruit and vegetables. Try to aim for at least three to five portions per day. For example:

- A glass of fresh fruit juice.
- Fruits, e.g. berries, apricots, pineapple, banana, apple, orange, etc.
- Vegetables, e.g. peas, carrot, broccoli, sweetcorn, lettuce, cucumber, etc.



Zinc is a mineral which is also important for wound healing. Try to have 1 serving of zinc-containing foods per day such as:

- A few slices of meat e.g. beef, pork or lamb
- 2 eggs (no more than 6 per week)
- 1 serving of baked beans
- 2 slices of bread.



Fluid

If you are dehydrated you are twice as likely to develop pressure sores, therefore having enough to drink on a daily basis is very important for wound healing and also your general health.

Try to have at least 6-8 glasses (1500 - 2000 ml) of fluid on a daily basis. All drinks except alcohol counts as fluid intake.

As mentioned previously try to have:

- ½ pint of milk per day
- 1 glass of fresh fruit juice per day.



Energy (Calories)

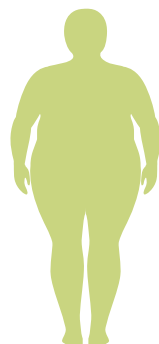
What if I am underweight?

It is important to add extra calories where you can and choose food and drinks high in fat and sugar. Even if you have a small appetite, you can add extra calories to foods. Your healthcare professional should have provided you with advice on food fortification, high calorie drinks and snacks.



What if I am overweight?

If you are overweight try to choose foods low in fat and calories, and increase your intake of fruit and vegetables.



What if I have diabetes?

Good blood glucose control will help wound healing. You can have a moderate amount of sugar-containing foods as part of your diet but speak to your GP or diabetes nurse for more information.



If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

ይህን ደብዳቤ በግልጽ እንዲታይዎ በትልቁ በብረት ተጽፎ ለደም በቲፕ ተቀድቶ ለሌላ ቋንቋ ተጽፎ ለግድግ የሚፈልጉ ከሆነ የበቅተኛውን ምክርና ግንኙነት እንልግሎትን በዚህ ቁጥር 0800 015 4334 ይጠይቁ ያጋጥሙ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة يرجى الإتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজন্স সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم ئێستا زانیاریتان بە چاڵی گەورە، بریل یان لەسەر شریتی دەنگی دەخوازیت یاخود نەم بەلگەنامە بە دیگەر زمانێکی دیگەر دەخوازیت، تکایە بەمۆندی بکە بە خزمەتگوزاری زینمایی و هاوناھەنگی نەمۆشەو بە ژمارە 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukanaleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیٹینٹ ایڈوائس اینڈ لیاؤن سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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